

September is Suicide Prevention Month

Help is available 24/7 for problems with mental health (suicide intervention), drugs and/or alcohol. Professional help is only a telephone call away and is the single source for help available to ALL citizens of Georgia.

If you have a concern about yourself, a family member, friend, acquaintance, or total stranger, DON'T hesitate to call for confidential help by trained professionals. If there is a need, a professional team will be on site in less than 90 minutes to assess and secure needed services for the patient.

For immediate help, call the Georgia Crisis & Access Line (GCAL) at 1-800-715-4225. Add this number to your contact list in your cell phone. Keep it handy in your home or on your person. Tape it to the refrigerator and on your telephone so everyone in your home knows how to get help. Explain to your children what this service provides and how to call. Don't hesitate to call 911 or law enforcement if you need immediate help and then immediately call 1-800-715-4225. Your prompt action could save a life and/or start someone on the path to a happy and productive life. Remember: A CRISIS HAS NO SCHEDULE.

Cut out and save the printed card provided.

For further information, please contact Robert Andrews, Randolph County Representative on Georgia's Region 6 Department of Behavioral Health and Developmental Disabilities (DBHDD) Planning Board at 229-732-7602 or jrandrews@windstream.net.

A CRISIS HAS NO SCHEDULE



Help is available 24/7 for problems with mental health, drugs, or alcohol.



If you or someone you know:

- Threatens to or talks about hurting or killing themselves
- Feels hopeless
- Feels rage or uncontrolled anger
- Feels trapped, like there is no way out
- Engages in reckless behaviors
- Increases alcohol or drug use
- Withdraws from friends and family
- Feels anxious, agitated, or unable to sleep
- Encounters dramatic mood changes
- Sees no reason for living

Call 1-800-715-4225



Sponsored by the Georgia Department of Behavioral Health and Developmental Disabilities

Online at mygal.com